

August 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4 7.30 – 9.30pm Japan Karate Academy	5 11.30 – 1.30pm Body Pilates	6	7 10.00 – 2.00pm Drawing & Painting	8
9 10.00 – 3.00pm Drawing & Painting	10 6.30pm – 8pm Yoga with Hilary	11 7.30 – 9.30pm Japan Karate Academy	12 9.15 – 10.45am Yoga with Hilary 11.30 – 1.30pm Body Pilates 7.30 – 8.30pm Seasonal Yoga	13 9.15 – 10.30am Seasonal Yoga	14	15
16 10.00 – 3.00pm Drawing & Painting 5.00 – 7.30pm Dance Addiction	17 6.30pm – 8pm Yoga with Hilary	18 4 – 7.15pm Dance Addiction 7.30 – 9.30pm Japan Karate Academy	19 9.15 – 10.45am Yoga with Hilary 4.30pm – 7.00pm Dance Addiction 7.30 – 8.30pm Seasonal Yoga	20 9.15 – 10.30am Seasonal Yoga 4pm – 5.15pm Dance Addiction	21	22
23 10.00 – 3.00pm Drawing & Painting 3.45 – 5.00pm Japan Karate Academy 5.00 – 7.30pm Dance Addiction	24 9.30 – 10.30am Laura Scott Yoga 11.00 – 4.00pm Church Function 6.30pm – 8pm Yoga with Hilary	25 9.30 – 12.00pm Rhythm Time 4 – 7.15pm Dance Addiction 7.30 – 9.30pm Japan Karate Academy	26 9.15 – 10.45am Yoga with Hilary 11.30 – 1.30pm Body Pilates 4.30pm – 7.00pm Dance Addiction 7.30 – 8.30pm Seasonal Yoga	27 9.15 – 10.30am Seasonal Yoga 12.30 – 3.30pm Karin Hepburn 4pm – 5.15pm Dance Addiction	28	29 12.00 – 7pm Gail Ashley Dance
30 10.00 – 3.00pm Drawing & Painting 3.45 – 5.00pm Japan Karate Academy 5.00 – 7.30pm Dance Addiction	31 9.30 – 10.30am Laura Scott Yoga					